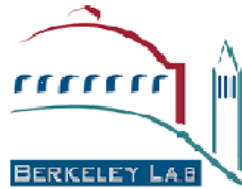




# Computer Workload Hazard Control - 1



- Discuss ergonomics with employees regularly (e.g., walkarounds, group meetings, etc.)
- Be attentive and anticipate changes in the workload of your staff (e.g., cyclical “crunch” periods)
  - Major increase in ergonomic risk when you increase your computer related workload. (4 hrs/day is benchmark for risk; each hour above 4 hrs., risk increases significantly)
- Potential hazard controls
  - Encourage employees to take regular breaks (3-4 minutes minimum for every 30 minutes of computer work)

For more information contact the LBNL Ergonomics Team (x5818) or  
Ira Janowitz, EH&S Division (x6071)